Sample Menu

Tips for Feeding Your Child

Foods for Your Child

4-6 years



TIPS FOR

Breakfast

1 cup 2% milk 34 cup dry cereal 1 small banana

Snack

¾ cup orange juice3 graham crackers

Lunch

1 peanut butter and jelly sandwich 3 to 4 carrot sticks ½ cup sliced apples 1 cup 2% milk

Snack

34 oz cheese 5 wheat crackers

Dinner

2 oz. broiled chicken ½ cup green beans ½ cup potatoes 1 roll 1 cup 2% milk 1 oatmeal cookie

- Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
- Children like eating with the family and want to eat what you eat. Set a good example for your child.
- Let your child's appetite be your guide because your child's appetite may vary day to day. Do not force your child to eat.
- Children need healthy snacks between meals.
- Tastes change. Foods once refused may later be accepted. Keep offering different foods to your child.
- Your child may want to eat the same foods for several days. Don't worry, this is normal behavior for this age.
- Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped to prepare.
- Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

Adapted from the Tennessee Department of Health by New Jersey WIC Services 2003





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What is a Child-Size Serving?

FOOD GUIDE PYRAMID

Grains



1 slice bread or tortilla ½ cup rice or pasta ½ cup cooked cereal ¾ cup dry cereal 3 to 4 small crackers



Vegetables

½ cup raw vegetables½ cup cooked vegetables



Fruits

¾ cup fruit juice1 small fruit or ½ cup



Milk

1 cup milk or yogurt 1½ oz. cheese 1½ cup ice cream 1 cup frozen yogurt



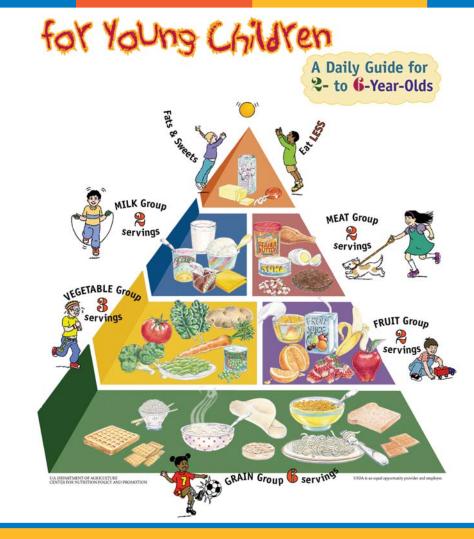
Meat

2 oz. meat, poultry, or fish 2 eggs

1 cup cooked beans or peas

4 Tbsp. peanut butter

If your child gets thirsty in between meals and snacks, offer water instead of juice, milk, Kool-Aid, sports drinks, or soda.



REMEMBER:

Your child may need more servings than the general recommendations.

Ask your nutritionist what number of servings is right for your child.